



Aquatics

The Facility

Monroe Street Pool
3401 Monroe Street
602-4685

The facility includes the 25-yard by 25-meter pool, two 1-meter and one 3-meter diving boards, a shallow play area and access ramp, six sets of bleachers and plenty of deck space. The Aquatic Building includes tiled shower areas, changing and locker facilities and rest rooms. The entire facility is designed for easy access to all. Lockers are available if you bring your own lock and remove it daily.

Periodic Emergency Action Plan drills will take place at any time of day and will last for no more than 15 minutes. These drills are designed to enhance and test lifeguards skills, which results in better safety for all users. Your cooperation is necessary and appreciated.

Per Admission Fees (*Proof of residency required.)

Youth/Teen 17 & under.....	\$2
Adult Resident*	\$3
Adult Non-Resident.....	\$4

Discount Passes

Four month and one month passes for individuals and families are available.

Recreation Swim ♥

During recreation swim times: The shallow end play area is open. **An adult must accompany children under 8 in the water.** Two children under 8 are admitted free with a daily admission adult. To enter deep water you must demonstrate your swimming ability to the lifeguard. The diving boards may be available on weekends, if there is sufficient demand.

FALL RECREATION SWIM SCHEDULE*

August 24 - December 31, 2009

MONDAY-FRIDAY

10:30 a.m. - 7 p.m.

The shallow area is not available from 11-11:30 a.m., 1:30-2 p.m. and 3-4:30 p.m. from 9/4 to 11/8/09.

WEEKENDS 12-3 p.m.

Lap Swim ♥

Lap swim is open to persons age 16 or older. Please swim in the appropriate speed lane and circle swim if there are more than two swimmers in the lane. A pace clock, kickboards and pull-buoys are available on deck.

LAP SWIMMING SCHEDULE*

August 24 - December 31, 2009

MONDAY-FRIDAY

6-9 a.m., 10:30 a.m. - 2:45 p.m., 5-7 p.m.

WEEKENDS

12-3 p.m.

SATURDAYS only from 9:15-10:15 a.m.

***NOTE:** Schedule is subject to change due to Carlsbad High School programs and special events; please call 602-4685 for schedule adjustments or check for updates at www.carlsbadca.gov/recreation and click on Aquatics.

Aquatics Resources

These groups conduct their programs at the Monroe Street Pool:

- Dive San Diego: 201-9242, www.clubdivesandiego.com
- North Coast Aquatics Swim Club: 720-1494, www.ncaq.org
- Carlsbad Boys Water Polo: (858) 831-1845, www.cbad.us
- Carlsbad Girls Water Polo (Ages 10-18): (513) 260-4480, www.ncsdpolo.com

Instructional Classes ♥

American Red Cross standards are taught by Water Safety Instructors. Classes are held Monday, Wednesday, Friday in sessions **FB** and **FD**; Tuesday and Thursday in sessions **FA** and **FE**; Saturday and Sunday in session **FC**. Note that classes that do not meet minimum enrollment may be cancelled.

Registration Procedures for Aquatic Programs

Proof of residency required.

ON-LINE REGISTRATION for Carlsbad residents begins Wednesday, August 12th at 7 a.m., and Wednesday, August 17th at 7 a.m. for all others. Go to www.CarlsbadConnect.org

WALK-IN and PHONE-IN (602-4685) registration for Fall sessions begins Monday, August 31st. Walk-in and phone-in registration will be taken **DURING OFFICE HOURS ONLY**:

Monday-Friday: 10:30 a.m. - 1:30 p.m. and 2:30 - 6:30 p.m.

Weekends: 12-3 p.m. on a first-come first-serve basis, with priority given to walk-in.

Masters Swim Program ♥

Whether you want to complement your existing workout, or just get that extra bit of motivation, the Masters Swim program can help you meet your fitness needs. With coaching tailored to your individual ability, these supervised, structured workouts are perfect for cross-training, conditioning or increasing overall fitness. Available for adults ages 18 and up.

Monroe Street Pool

Age: 18Y - 99Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
N/A	6:00-7:15am	M-F	N/A	1c	\$4/\$6
N/A	12:00-1:15pm	M-F	N/A	1c	\$4/\$6
N/A	8:00-9:15am	Sa	N/A	1c	\$4/\$6

Parent and Child Aquatics ♥

This program provides a nationally standardized aquatic program that promotes water safety knowledge and practices aquatic adjustment and swimming readiness skills, fun and enjoyment in the water, participant socialization, and parental involvement. Parents and children (ages 6 months up to 5 years) learn together to increase a child's comfort level in the water and build a foundation of basic skills, such as arm and leg movements and breath control. Each session consists of 10, thirty-minute classes. NOTE: classes may be combined to meet participation minimums.

Parent Infant/Tot Aquatics

For parents (1 or both) and infants ages 6 months to 3 years. Emphasis is placed on water adjustment. NOTE: Infants and tots must wear plastic pants over their suits or swim diapers while they are in the water. Skills taught include: water adjustment and entry; bubble blowing; underwater exploration; front float, glide and leg action; back float, glide and leg action; rolling over and choosing or using life jackets. All skills require parent contact.

Age: 6M - 3Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
42454	11:00-11:30am	Tu/Th	Sep 8-Oct 8	10c	\$47/\$67
42455	11:00-11:30am	MWF	Sep 9-30	10c	\$47/\$67

Pre-School Aquatics Combo 1/2

Appropriate for students 3 to 5 years old of PSA 1 or PSA 2 ability. Class is combined to help ensure minimum enrollment is met. **Parent participation is required.** PSA 1 and 2 SKILLS taught include: water adjustment; enter and exit water; blow bubbles; open eyes under water and retrieve submerged objects; front and back glides and recover; back float and recover; combined arm and leg actions on front and back; water safety, including experience wearing a life jacket, recognizing an emergency and how to call for help and recognizing lifeguards and sun safety.

Age: 3Y - 5Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
42456	1:30-2:00pm	Tu/Th	Sep 8-Oct 8	10c	\$47/\$67
42458	3:00-3:30pm	Tu/Th	Sep 8-Oct 8	10c	\$47/\$67
42457	1:30-2:00pm	MWF	Sep 9-30	10c	\$47/\$67
42461	4:05-4:35pm	Sa-Su	Sep 12-Oct 11	10c	\$47/\$67
42459	3:00-3:30pm	MWF	Oct 2-26	10c	\$47/\$67
42460	3:00-3:30pm	Tu/Th	Oct 13-Nov 12	10c	\$47/\$67

Pre-School Aquatics Combo 2/3

Appropriate for students of PSA 2 or PSA 3 ability. Class is combined to help ensure minimum enrollment is met. **Parent participation may be required.** PSA 2 SKILLS taught/completion requirements include: enter/exit water; bobbing; open eyes under water; front/back floats and glides; combined arm/leg actions on front and back; finning arm action on back; safety in and around the water. PSA 3 SKILLS taught/completion requirements include: fully submerge and hold breath; bobbing; front, jellyfish and tuck floats; back float/glide; change direction of travel while swimming on front or back; combined arm and leg actions on front and back.

Age: 3Y - 5Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
42462	4:00-4:30pm	Tu/Th	Sep 8-Oct 8	10c	\$47/\$67
42463	3:00-3:30pm	MWF	Sep 9-30	10c	\$47/\$67
42464	4:00-4:30pm	MWF	Sep 9-30	10c	\$47/\$67
42470	4:05-4:35pm	Sa-Su	Sep 12-Oct 11	10c	\$47/\$67
42465	11:00-11:30am	MWF	Oct 2-26	10c	\$47/\$67
42466	1:30-2:00pm	MWF	Oct 2-26	10c	\$47/\$67
42467	4:00-4:30pm	MWF	Oct 2-26	10c	\$47/\$67
42468	1:30-2:00pm	Tu/Th	Oct 13-Nov 12	10c	\$47/\$67
42469	4:00-4:30pm	Tu/Th	Oct 13-Nov 12	10c	\$47/\$67
42471	11:00-11:30pm	Tu/Th	Oct 13-Nov 12	10c	\$47/\$67

Activities and classes with ♥ offer a health and wellness benefit to the participant.

Learn to Swim ♥

Level 1/2: Exploration/Primary Skills

Appropriate for students of either Level 1 or Level 2 ability. Class is combined to help ensure minimum enrollment is met. LEVEL 1 SKILLS taught/completion requirements: enter and exit water; blow bubbles; retrieve submerged objects; front/back glides and floats; roll from front to back/back to front; tread water; alternating and simultaneous leg/arm actions on front/back; combined arm/leg actions. LEVEL 2 SKILLS taught/completion requirements include those in Level 1 as well as: enter water stepping/jumping from side; fully submerge/hold breath; bobbing; front, jellyfish and tuck floats; change direction of travel while swimming on front or back; finning arm action; staying safe in, on and around water, including life vests, sun safety, looking before entering water and what to do when exhausted.

Age: 5Y - 10Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
42447	3:30-4:00pm	Tu/Th	Sep 8-Oct 8	10c	\$47/\$67
42449	4:40-5:10pm	Sa-Su	Sep 12-Oct 11	10c	\$47/\$67

Level 2/3: Primary Skills/Stroke Readiness

Appropriate for students of either Level 2 or Level 3 ability. Class is combined to help ensure minimum enrollment is met. LEVEL 2 SKILLS taught/completion requirements include: see above course description. LEVEL 3 SKILLS taught/completion requirements include those in Level 2 as well as: headfirst entries from the side in sitting and kneeling positions, bobbing while moving toward safety; rotary breathing; survival float; back float; change from vertical to horizontal position on front/back; tread water; flutter, scissor, dolphin and breaststroke kicks on front; front crawl/elementary backstroke.

Age: 5Y - 14Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
42450	3:30-4:00pm	MWF	Sep 9-30	10c	\$47/\$67
42479	3:30-4:00pm	Tu/Th	Oct 13-Nov 12	10c	\$47/\$67

Level 3: Stroke Development

Skills taught/minimum completion requirements include: enter water by jumping from the side; headfirst entries from the side in sitting and kneeling positions, bobbing to safety; rotary breathing; survival float; back float; tread water; flutter, scissor, dolphin and breaststroke kicks on front; front crawl and elementary backstroke; learn to perform simple non-swimming assists; learn to recognize, prevent and respond to cold water emergencies.

Age: 5Y - 14Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
42452	4:40-5:10pm	Sa-Su	Sep 12-Oct 11	10c	\$47/\$67
42480	4:40-5:10pm	MWF	Oct 2-26	10c	\$47/\$67

Carlsbad Parks & Recreation Department Presents

Pumpkin Plunge

Saturday, October 10
12 PM - 3 PM
Monroe Street Pool
3401 Monroe Street

don't forget your costume!

Safe, Spooky Activities For All Ages

- Snare your own pumpkin
- Swimming games, costume contest and trick-or-treat
- Wicked water show featuring:
San Dieguito Synchro,
Pacific Diving Academy
and Zombie Divers

Reserve Early and SAVE!
Save \$4 when you order by October 7

ONLY A LIMITED NUMBER OF TICKETS AVAILABLE

- \$6 pre-sale until October 7; \$10 at the door (Free for ages 3 and under)
- Tickets on sale at the Special Events link at www.carlsbadconnect.org
- CLASS# 43046 for registration
- Special Events Hotline: (760) 434-2843